









FEMALE COMPLAINTS:

A Brief Examination of the

PATHOLOGY OF UTERINE DISEASES,

TOGETHER WITH AN EXPOSITION OF

The Principle and Method of their Treatment.

[2.ed.] ;

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MARSHALL'S UTERINE CATHOLICON."

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FEMALE COMPLAINTS.

The state of the health of the women of this country, is preeminently, a subject of mournful reflection. It is rare to see a married women five and thirty years of age, educated in fashionable life, whose constitution is not well nigh ruined,—whose happiness for life is not blasted by disease. In the northern portions of this country especially, where females are confined for many months of the year in hot rooms,—where the present unnatural mode of dress constrains them to wear an intolerable load of under-garments, which are supported by the most delicate organs of their bodies,—nothing can be more striking than the contrast between the robust and hardy health of the men, and the feebleness and sickliness of the women.

The dreadful nature of the peculiar complaints from which females suffer, is, however, for obvious reasons, but little known except to Physicians, and to the sufferers themselves. It can only be feebly conjectured by others, from the martyrdom which they are willing to undergo, in the faintest hope of obtaining relief; for they will bear with unshrinking fortitude the violation of their most sacred feelings of modesty, the application of liquid fire, and the most barbarous instruments of torture, until their constitutions are completely broken, and they die in despair. The alarming increase of these complaints of late years is universally admitted by medical men; and constitutes a proof that they are less under the control of the remedies now in use, than most other disorders. In fact, but little change has taken place for centuries in the theory and practical treatment of Female Complaints; and the long experience of ill success causes the Physician to undertake such cases with extreme reluctance. He has no confidence that any thing he can do will prove satisfactory to either himself or his patient. But when called, he cannot refuse to do his best. It would be cruel to tell the patient that her case is hopeless. But failing to give relief, he is soon exchanged for another practitioner, and he for another still, until the patient, finding herself more feeble, and perhaps having "spent all her living upon Physicians," sinks into despair, and soon into an early grave. This is the monrnful history of an appalling number of young wives and mothers in this country. The general failure of the ordinary

treatment has encouraged a number of individuals to establish something like Hospitals, in various parts of the country, to which increasing numbers of females resort, simply because they have exhaused the skill of ordinary practitioners without relief; and because these institutions seem to offer them a ray of hope. The writer has seen many who have tried this means without effect, and heard of many more. These facts have induced the writer of these remarks to give this subject a long and faithful investigation; and after a wide experience of about forty years in the treatment of these complaints, he has become convinced that the theory of them which prevails among his brethren of the medical faculty, is liable to great objections; and that there is an urgent demand for some other methods of treating them, than those in common use. He ascribes the failure of success in the treatment of these complaints, which is universally acknowledged, to be a mistaken theory of their origin, cause and nature; and ventures to propose one in accordance with his own views, upon which he has practiced for the last seven years with a success which has far exceeded his most sanguine expectations, and which contrasts, in a most striking manner, with his former failures.

The specific diseases, as they are called, which are here treated of, are those termed Uterine,—those pertaining to the Menses, or Monthly Turns,—Prolapsus Uteri, Leucorrhea, or Whites, Pregnancy, and the consequent derangement of the functions of the parts in most intimate sympathy with the Uterus.

The common Pathology of these complaints regards them as local and primary diseases; and as the cause of that general debility with which they are accompanied. According to this theory, they are treated locally. The practioner aims to remove them by direct applications, and has no hopes of restoring the general health until they are removed. The remedies prescribed by the best authors according to this theory, are, in Prolapsus, astringents by injection, to contract the parts relaxed, and thereby retract the fallen womb to its natural position; and also, in Leucorrhœa, to diminish the discharge. But in the former case, (the cause of which is general debility of a specific kind, and consequent elongation of the natural supporters of that organ,) this has no effect. Or, from injudicious treatment in confinement from unskillful practitioners, or imprudent management on the part of the subject herself, by being too smart, and exerting herself too soon after confinement, and thereby putting in requisition organs already debilitated, before sufficient

time is given to regain an adequate degree of strength and vigor. Also, Prolapsus is often induced in married, and unmarried females, by imprudent lifting, or over fatigue while the Uterus is yet weak from flowing, or an excess of monthly discharges. The same treatment, as in constitutional debility, will be found the only successful course in these cases, also. In the latter, it is seriously objectionable, because it tends to induce inflammation, and thereby to increase, instead of diminishing, the discharges. In no case has it been found by the writer to answer the end for which it was used. In case of ulceration only, are caustics admissible, as they are liable to the same objections as astringents. Prolapsus, Pessaries have long been a favorite remedy-one of the most barbarous instruments of torture ever used, or invented. It never removed, and but rarely ever mitigated, a Prolapsus, and has destroyed many a female by inches; and much to the credit of the profession, they are discarding them as unworthy of a civilized age. Various other local remedies are recommended in medical books and extensively used, which need not be specified here. They are, in the opinion of the writer, all alike ineffectual. Long experience, and observation, have convinced him that, although relief may have been obtained while they were in use, they seldom or never, effect a permanent cure. It would seem, also, that other members of the profession are beginning to open their eyes to this subject, and to think that it is high time that some change in the theory, and practical treatment of these complaints, is loudly called for. In France and England, and also in this country, they are awakening new interest in the profession. Dr. Blundell, in a work on Female Complaints, says: "The improvement of the general health will often have a remarkable influence on Prolapsus Uteri, so that our attention should be directed to this, and that blue pills, aromatic purgatives, tonics, and removal into the country," are advised. Like sentiments are expressed by Hamilton, and others; showing a want of confidence in, and satisfaction with, the existing sentiments and practice in these complaints. The different preparations of iron have been used and considered rather as specifics in Uterine Complaints. And, in fine, a tonic course of treatment, aiming to build up the dilapidated constitution, is often followed to a certain extent by those who yet have never suspected that the prevailing theory, which regards these complaints as local and primary diseases, and requiring to be treated locally and directly, is fundamentally false. The theory upon which the writer has practised for the last seven years, with a success wholly unknown to

him before, is precisely the converse of the above. He has become firmly convinced that Uterine Complaints are not primary, and local diseases; and that the general debility with which they are accompanied, is not directly caused by them; but that they are secondary, and induced by constitutional disease. When the general health has declined, and the constitution has become weakened from any cause, the organs of the body are thereby functionally disordered, and deranged; the Uterine Organs, on account of their superior importance in the female economy, and their extreme delicacy, naturally suffer most, though not first, nor exclusively. For unless the general decline be corrected, it soon extends to all the organs of life, and the constitution becomes involved in hopeless ruin.

Several reasons go to support this theory of Uterine Complaints. First, it fully accounts for the general and acknowledged failure of local remedies and treatment. It is manifest that, applying remedies to organs secondarily disordered, to the neglect of the primary disease, must be worse than useless. As well attempt to cure, by topping off its withered limbs, a tree which is dying from insects at the root; as well undertake to purify the waters of a stream whilst the fountain is polluted. The insects must be removed before the tree can flourish; the fountain must be purified before the stream can be pure. Upon this theory, the failure of all local treatment can be predicated beforehand. Secondly, these specific complaints are never found to exist in females, otherwise healthy and strong, unless by imprudence as before stated, but only in those who are suffering from a complication of constitutional maladies. A truly scientific method requires us to account for the specific, by the general, rather than for the general, by the specific. And, in fine, the writer has found by an experience of some years, almost invariable success in treating these complaints according to this theory. This argument, it is true, can have little weight with others, who have not had his experience, except to induce them to try his method, and to prove it for themselves. With all such he feels quite confident of the result.

The germs of this class of Female Complaints, as also of many others, are often planted in childhood, in the neglect of physical education, want of sufficient exercise in the open air, too close confinement in the school, too great excitement of the intellect, a rich or irregular, instead of a plain and regular diet, and a thousand other abuses which prevent the healthy development of nature, and generate a weakly con-

stitution. These causes are increased as the child passes into a state of womanhood, by tight dressing, whereby the natural developments of the physical system are interfered with, and consequent injury sustained, which no human art can obviate; by a heavy load of under clothing sustained by the back and hips, which, by its tightness, and weight, and heat consequent upon it, debilitates the contiguous organs; as also by an irregular life, and the too early development of the functions of womanhood; and the influence of a vicious literature. In a word, whatever tends to weaken the general constitution, tends to induce Uterine Complaints.

These, and other causes, have been operating so extensively, as wealth and luxury have increased, that probably one half of the adult females of this country are more or less affected by these complaints. Of these a large and increasing proportion have the happiness of their lives completely destroyed.

This general decline of health, or weakness of the constitution, does not commonly extend to the Uterine Organs first; but, almost invariably, it shows itself first in the derangement of the stomach and other organs; and thence, secondarily, it invades those of the Uterus. For example, some form of dyspepsia commonly precedes these disorders, which thus becomes a powerful, though not a primary agent, in producing them.

From this general view of the origin of Uterine Complaints, the method of treatment which the writer has followed, and which he earnestly recommends to others, becomes apparent. Local treatment, except in the most extreme cases, he has abandoned. The sole object of his mode of treatment, is the building up of the constitution and general system, and thereby to remove the primary cause of these secondary disorders. For example, when they are attended by dyspepsia or spinal affections, whatever will remove these complaints will remove them. The treatment which he recommends, in general, is to build up the general system by such gentle exercise in the open air, as the patient can sustain without too much fatigue, increased moderately every day; a perfectly simple and regular, but nourishing diet; change of scene; bathing about the loins and hips every morning, or oftener, in cold water; keeping the mind as free as possible from care; and the use of a tonic which has some peculiar qualities of its own, for ordinary tonics have no specific effect. The writer has never found the tonics in common use effectual, and, for a time, he was at a loss for a substitute.

Accident at last supplied the desideratum. He had compounded a remedy intended for another object, which remedy was casually given to a female who was suffering severely from dyspepsia, from mucous discharges from the bowels, and from leucorrhea. After a few weeks' use of the preparation her dyspepsia was removed, together with her bowel complaint, and her Uterine affections had also unexpectedly nearly disappeared. It was continued till these, which were of many years' standing, were perfectly cured. This occurred about six years ago, and her Uterine disorders have never returned, nor, indeed, any other of the complaints with which she was afflicted. Since then, which was in the early part of 1848, the writer has employed the same remedy for Uterine Complaints, and the direct causes of them, with uniform success, without the use of any other means, except cold water, etc., as above, in a single instance, and it is now in very extensive use, with the like uniform success, all over the United States. The writer is fully persuaded that it is the only tonic preparation known, which is at all adequate to the cure of Uterine Complaints generally, and the only means, of whatever name or nature, which has a controlling influence over them. Hundreds of cases, directly in confirmation of the above, could be adduced, if time and space would allow. One, and a very important reason, why he has not divulged the composition of this remedy, is, that, in his opinion, the specific virtues of the medicine consist in a new property, sui generis, chemically produced in the process of preparation, which does not exist in any of the ingredients separately; and that a change of proportion, or mode of preparation, would impair, or even destroy, the efficacy of the preparation. As it will readily be seen and admitted, that were it in the hands of every one. and each one should prepare it for himself, the different results would be so diverse that its properties would be soon changed, and its virtues soon lost. It is called "Marshall's Uterine Catholicon," every bottle of which, by whomsoever sold, is prepared with great care from the original receipe of the author, according to the modern principles of Pharmacy; and he would invite the Faculty to make trial of its virtues, and thus to satisfy themselves. There is a spurious imitation of this article before the public, but none reliable but that bearing the signature of the inventor, and called "Marshall's Uterine Catholicon," having the seal of the Græfenberg Company.

It is true, indeed, that no course of medical treatment can make a good constition from one ruined by defective physical education, or de-

stroyed by abuse. But a vast majority of the cases of Female Complaints, are not of this kind, and hopeless; but may, as the writer is assured from experience, be perfectly cured by the above course of treatment. One thing is perfectly plain, the Medical Faculty are loudly called upon to give this subject their gravest attention, until they devise some means of relieving the female sex from the fearful ravages which the increasing prevalence of these complaints is making in our country; otherwise, with the same rates of increase for the next half century, fears may justly be entertained for the perpetuity of the race.

This change must be effected through two channels, both properly belonging to the medical profession, to become agents in bringing about. One is through a radical improvement in physical education, as has been already referred to, and which forms the very cornerstone of health or disease; the other is a more efficient mode of cure for those complaints after contracted. The one may be called preventive, the other curative; both, manifestly, are the legitimate business of the Physician, the former, however, not so exclusively as the latter; for community have a right to look to the Medical Profession for direction in the matter of physical education, inasmuch as their vocation necessarily involves the supposition that they are better qualified for this important duty than any other class, in consequence of their intimate knowledge of the Anatomy and Physiology of the human system.

The following remarks, additional to the foregoing treatise, are deemed expedient, as a continuation of the same subject.

The first edition of the above Pamphlet on Female diseases, published in 1851, for gratuitous distribution only, is now exhausted. On account of the large and increasing demand for it, the author is induced to issue a second edition of said treatise, and annex some additional matter. The subject considered in the above treatise on Female Complaints, is one which has undergone less change than almost any other branch of the science of medicine, in the same length of time; and to arouse it from its long night of slumber, may be considered a daring experiment. It is now about three years since the author of this radical change in the Pathology, and treatment, of Uterine Diseases, published his views on this subject. The length of time since elapsed, would of course, show some important developments, either for or gaainst, the soundness and truth of this innovation. It is manifestly

proper that this weight of evidence, if any there be, derived from these three years' of additional experience should be available, in addition to that already communicated. For this object, and many others, the annexed remarks seem highly proper, in confirmation of the sentiments already advanced, and to do away existing prejudices against a new theory.

It is about seven years since the author was first led to the belief that something was wrong in regard to the nature, and treatment, of Uterine Diseases. His attention was first attracted to the subject from the increased prevalence of these complaints, and from his own, and others, want of success in the treatment of them. To ascertain, if possible, adequate reasons for such failure, a great variety of experiments were instituted, and the conclusion arrived at was that the cause, or Pathology, of these diseases was erroneous, and the practice, which necessarily followed, also, alike erroneous. This conclusion was the inevitable result of such investigations. With a full conviction of the truth of these sentiments, and the impression that the radical cause of these diseases was misapprehended, a course of practice was instituted with remedies of an entirely opposite character from those used, and sanctioned, by general consent,—designed to demonstrate the truth, or fallacy, of the assumed theory,—which is, that Uterine Complaints, of the description in question, do not originate from local causes, requiring local treatment for their removal, but from a distant local cause, or more generally, from sympathy with a state of the system produced by diseased functions of vital organs,—such as the Liver, Stomach, the secretory, lymhatic and glandular systems. These remedies were wholly directed to, and brought to bear upon the system, by restoring these deranged functions, and by that means, restoring to healthy action the secondarily diseased state of the Uterine organs. The remedy selected for this object combines properties well calculated to effect these several objects. This remedy is not claimed as acting specifically on the Uterine organs, and thereby removing their diseases in that way, and therefore called a specific remedy. It acts on these diseased organs through its influence no the entire system, by its power of restoring to healthy action, functions that were disorganized, and rendered incapable of performing their healthy office, in giving nourishment, and a well balanced action, to the general system. Through this remedy these objects are effected, and general health is restored, and this effect is fully demonstrated by the removal, as the health advances, of all those local Uterine Complaints, so formidable and incurable, by ordinary local treatment.

It is on these principles that this article is claimed to act, in its curative effects, in removing this class of diseases; and a successful use of it for the last seven years has fully established its virtues, as a reliable remedy, and at the same time, gone far to prove the correctness of the theory advocated; and the failure to produce the same result by any other course of treatment, on the principles of the generally adopted theory, operates, with great force, against the soundness of the old theory, and strongly corroborates the truth of this. The author of these

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remarks is as strenuously opposed to quackery, and the pretended remedics resulting from it, as any other of its opponents, and would go as far to discard the generality of popular nostrums, and their authors, as any one clse. The great mistake under which the faculty labors in this matter is, that all specifics of this description, are placed on the same platform of condemnation. No matter whether they are the production of the most skillful, and learned physicians and professors, or the most ignorant quacks. The profession is indebted to empiricism for some of their most valuable remedies now in use. One of the most learned medical logicians of the age has said, that it is doubtful whether medical science is not as much indebted to empiricism as to the regular faculty, for its present attainments. The scientific physician may, by having devoted a great portion of his professional life to the investigation of some particular disease, have made important improvements in its nature and origin, and discovered a more valuable remedy for its His pecuniary situation is such that he much needs the proceeds of his discovery, and by communicating it to the public, he would throw it out of his power to avail himself of any benefits from it. The faculty would say, it is his duty to divulge it—even if by so doing, he divests himself of all means of support. If it is so with the physician, is it not equally so with the mechanic, or manufacturer, or any other business? The difference in the cases is not very manifest. Medical ethics consider all medicines administered as secrets, whose composition is not made public, as nostrums, and not to be patronised by the faculty, however meritorious they may be. The course which would be most successful and radical in its influences on quackery and nostrums, would be, for the faculty to discriminate between the productions of mere pretenders, and those of skill, and competent to do justice to what they attempt. By this course the public would have a guide in these matters, and thereby expel the worthless, and only patronise those of merit. Reasons were given in the foregoing treatise, why the author of "Marshall's Uterine Catholicon," did not think it his duty to reveal this compound. These reasons could still be urged with the same force as then. compound, indiscriminately prepared, would not long remain a reliable remedy. The best policy which the profession could adopt in relation to these matters, would be, in the first place, to judge of the merit, a priori, of an article from the source from which it eminated, and if from competent hands, its inerits should be tested, and judged of, on that ground,-not classed, without trial, with worthless nostrums, and condemned, and rejected, without knowing any thing of its properties. By this course, the profession could control, in a great measure, the patent medicine business; for the people would rely on their opinion. and thus this flood of pernicious trash, now afloat, would be arrested. By rejecting, indiscriminately, all compounds of this kind, the public is left without any means of discrimination between the meritorious and the worthless.

The author of these remarks is decidedly opposed to the prevailing system of impiricism, and condemns it in its present form; but at the

same time, believes that there are meritorious articles under this head, which are the results of scientific investigation, and ought to be patronised by the regular faculty, and which should not be placed on a par with those got up by ignorant pretenders, and for speculation only. This prejudice is beginning to subside in the minds of the faculty; for there are many who are willing to try this remedy for Uterine Diseases, and are using it as their own preparation, and find it eminently successful, where nothing else has been so, in their hands. All that is requested is a candid trial of its effects for such a length of time, and in such quantity, as is required. From three to six months use of it is necessary to effect a cure, and from four to eight bottles, continuously taken. By the principles on which this remedy is claimed to act in eradicating these complaints, (that is, by its effects on the general system,) it must, of necessity, take sometime to effect its object.

This remedy is equally efficacious in restoring the diseased organic functions of the glandular and lymphatic systems in general, and those of the stomach and bowels in particular,—as dyspepsia, &c.—of those not affected with these diseases, as those that are. It is being employed in cases of general debility from local, or general causes, by either sex.

There is still another formidable obstacle to the adoption of a new theory and practice, in any particular branch of medical science, which is this: Authors and theorists, after principles have been long established, with a general admission of their truth, are very tenacious of them, and very unwilling to allow any change which would involve an admission that they, and the entire profession, had been laboring under a radical mistake in regard to them. This arises from professional pride of opinion, which is natural to humanity, and which prompts to resistance.

Inasmuch as the adoption of the principles advocated above would implicate the correctness of the generally entertained theory of the cause and remedy, for Uterine Diseases, it is to be expected that this innovation would be resisted, however plausible and meritorious it might be. Thus a serious barrier to the rapid introduction of new principles regarding this class of complaints must be expected, which time and experience alone, can surmount. The author has not a doubt that these principles, both of theory and practice, will be fully endorsed, and adopted, by the profession, in proportion as they investigate the subject, and test new remedies.

It is admitted, both by the patient and the physician, that very little benefit is derived, or imparted, from the ordinary mode of treating this class of diseases. To what cause is this universal failure to be imputed? Certainly not that they take rank with incurable diseases; for this is not the case, nor is that alleged as the cause of the total failure to treat them with success. The true cause of failure arises, as before alleged, from mistaken Pathology, and the consequent treatment, and until there is a radical change in these respects, Uterine Complaints, which are so alarmingly on the increase, will be ranked with incurable diseases, though not intrinsically so. As soon as the remedy is applied

to the cause, and not to the effects, of the disease, the present embarrassments under which Physicians labor, will be removed, and the disease no longer remain a formidable one to manage, and thousands of suffering, and dying females, restored to health, and to their families and friends.

To whom else, but to the Physician, or to the Medical Faculty, are the thousands now laboring under these practically incurable complaints, to look for advice and relief? This class of sufferers have a right to demand of the profession, if the means employed are inadequate to their cure, that they employ any other remedy coming from a respectable source, and which has ample testimonials of its good properties, and abundant proofs of its curative effects. What avails it to the suffering patient that a remedy for her disease exists, and known by abundant proofs to be so, if the same is denied her, and she is not allowed the use of it by her attending Physician, because it is a secret remedy and therefore its use not authorised by the conventional rules of the Medical Faculty? If Uterine Complaints of this kind were curable by any means known to the profession,* it would be quite a different thing; but inasmuch as that is acknowledged to be so, why deny subjects the chance of relief from these unmitigated sufferings, by refusing them the only known remedy for their complaints?

By recent arrangements, the Uterine Catholicon has been reduced to half its original retail price. It is hereafter to be sold at one dollar and fifty cents a bottle,—and less by the dozen. It is now within the reach of that class of subjects, (the poorer class,) who much need it, but who have been unable to purchase the requisite quantity, at

the old price, \$3 per bottle.

The main cause of disappointment in the use of this remedy arises from the fact, that one bottle is taken without realizing much benefit; for that reason it is discontinued,—whereas, if continued to four or six, its curative effects would be realized. It must be remembered that the expected benefits are to be derived through the improvement of the general health, and restoration of the entire system to a natural and healthy action. This, of course, must require a little time, in producing such radical changes.

A great share of patients are under treatment from year to year, and will implicitly adopt that course prescribed by their medical advisers, though not improved thereby. If other means are denied, as they are, they, of course, have no alternative but to continue the same temporizing course, and remain invalids for life. The author does not take

^{*} G. S. Bedford, M. D., Professor of Obstetrics and the Diseases of Women and Children, in the University of New York, thus says to his class in one of his Lectures upon this subject: "Why is it that these diseases which bear so heavily, and often too, so fatally, on suffering woman, have triumphed over professional efforts, and brought their victims, if not to death, at least to years of agonizing torture? Is it because these maladies are without remedy, and bid defiance to professional skill?"

the responsibility of advising a different course from that pursued, and which under ordinary circumstances, is the proper one. But would say, that in a malady which is professedly incurable by means available in the ordinary treatment, and when an other course of treatment promises a different result, a degree of liberty, not under other circumstances allowable, should not be objected to by the medical attendant, nor considered a violation of the rules of etiquette in such cases. The physician, and patient also, need not be informed that the Catholicon ean be administered under his advice and direction, or without, as the parties may think proper. This obstacle is one of formidable magnitude to the introduction of this remedy to that class of patients who are disposed implicitly to believe that the course directed by their professional advisers is the only one to be pursued. This class, in general, is to be found in the most wealthy and fashionable walks of society, and where diseases of this description more generally prevail, and who are most able to meet the expense of a protracted medical attendance. The writer does not allude to these peculiarities by way of complaint at this course; but merely to show that a very important portion of sufferers are thus deprived of the benefits of a means of relief to which they are entitled.

A volume would be required to do justice to this subject, and to express all that the writer would deem called for; but he has been obliged to confine his remarks to prescribed limits. He regrets that the space allowed him does not admit of an expression of his views, as he had intended, on the most prolific cause of Uterine Complaints, as they exist in this country, and why they do prevail more in this, than any other portion of the world. Defective physical education would compose the theme of his remarks on this point. But this must be deferred to some future occasion. This subject is alluded to and partially discussed, in the foregoing treatise. It is no problem that defective early physical education and subsequent interference with the laws of nature, in the mode of dress adopted, and the luxurious customs entertained and carried out in this country, are prolific eauses of complaints of the kind alluded to in these limited remarks.

There is a spurious article before the public in imitation of this, both in name, (in part,) and promised effects; but none is genuine and reliable, except that bearing the signature of the inventor of "Marshall's Uterine Catholicon," and the seal of the Græfenberg Company. Any other claims to inventorship are wholly devoid of truth, and highly dishonorable to such claimant.

The object of these desultory remarks is, mainly, to elicit attention to this subject, both from the Faculty and from the Public; for it is a subject worthy of their highest consideration; and, if so viewed and acted upon by them, the writer will effect the great object of this discussion.

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